

5 2. The use according to claim 1, for the control of
cortisone conversion into cortisol in humans.

3. The use according to claim 2, for lowering hepatic cortisol concentration.

4. The use according to claim 3, for inhibiting
10 hepatic gluconeogenesis.

5. The use according to claim 2, for lowering intracellular cortisol concentration.

6. The use according to claim 5, for increasing insulin sensitivity in adipose tissue.

15 7. The use according to claim 5, for increasing
insulin sensitivity in muscle.

8. The use according to claim 5, for the prevention or reduction of neuronal dysfunction or loss/cognitive impairment due to glucocorticoid potentiated neurotoxicity or neural dysfunction or damage.

9. The use of an inhibitor of 11β -reductase in the manufacture of a medicament for producing multiple therapeutic effects in a patient to whom the medicament is administered, said therapeutic effects including an inhibition of hepatic gluconeogenesis, an increase in insulin sensitivity in adipose tissue and muscle, and the prevention of or a reduction in neuronal dysfunction, damage or loss due to glucocorticoid potentiated neurotoxicity.

11. The use according to any preceding claim, in which the 11β -reductase inhibitor is carbenoxolone (3β -(3-carboxypropionyloxy)- 11 -oxo-olean-2-en 30-oic acid), or a pharmaceutically acceptable salt thereof.

13. A method according to claim 12, wherein said inhibitor is selected from the group consisting of carbenoxolone (3 β -(3-carboxypropionyloxy)-11-oxo-olean-2-en-30-oic acid), and pharmaceutically acceptable salts of carbenoxolone.